

Power Up To Gear Up



I practice a lot to work on my game. To keep me going, I keep my favorite snacks in my backpack!

Find the Differences?



Circle the 10 differences between the two **Power Panthers™**.



tip: Play harder on days when you eat more than usual.

Peachy Pops

Cool down with these fruity frozen treats.

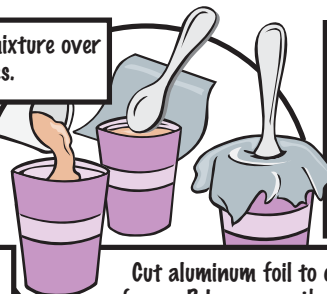
You need:
2 peaches;
2/3 cup low-fat vanilla yogurt;
2 cups orange juice;
6 paper cups;
6 plastic spoons;
aluminum foil.

Chop peaches and divide among 6 paper cups.



Place yogurt in bowl. Slowly pour orange juice into yogurt, stirring until blended.

Pour mixture over peaches.



Cut aluminum foil to cover tops of cups. Poke spoons through the foil in the center of each cup.

Freeze at least 4 hours. Makes 6 pops. When frozen, peel paper cup away from pop and share with family and friends. ENJOY!



Funnies

Q: Why are basketball players such messy eaters?

Power Panther™ is a high scorer when it comes to food and fun. Create your own Power Profile to see what you have in common with Power Panther™.

Power Panther™ Profile



Height	5'10"
Shoe Size	13
Favorite Snacks	Pretzels, Yogurt, Fruit, Nuts
Favorite Activities	Running, Basketball, Skateboarding, Dancing
Favorite Subject	Geography
Interesting Fact	Traveled over 700,000 miles and to most States
Famous People I Met	President of the U.S., Ken Harvey (Pro Football Player)

Power Profile

Your name _____

Height _____

Shoe Size _____

Favorite Snacks _____

Favorite Activities _____

Favorite Subject _____

Interesting Fact _____

Famous People I Met _____

Your photo _____



Food and Nutrition Service

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Find the Difference Answers: Missing: 1) whiskers, 2) ear, 3) dots on gloves 4) red exclamation on glove, 5) red dot on shoe, 6) lines on basketball, 7) stripe on pant leg, 8) yellow dot on shoe 9) logo on shirt and 10) green base on shoe.

Funnies Answers: Because they dribble.